

## Claims

1. An orally administrable composition for improving skin quality and prevent or restore age-related alterations of skin in humans or animals, which comprises as  
5 an active ingredient an effective amount of a molecule that stimulates energy metabolism of the cell or an antioxidant or combinatory admixtures thereof, in an orally acceptable carrier.
2. A composition according to claim 1, wherein said molecule is L-carnitine,  
10 creatine, fatty acids (monounsaturated and polyunsaturated, particularly omega-3 fatty acids), cardiolipin, nicotinamide or carbohydrate and natural sources thereof.
3. A composition according to claim 1 or 2, in which the antioxidant is a source  
15 of thiols such as lipoic acid, cysteine, cystine, methionine, S-adenosyl-methionine, taurine, glutathione or natural sources thereof, or a compound that upregulate their biosynthesis in vivo, or other antioxidants such as vitamin C, vitamin E, carotenoids, ubiquinones, tea catechins, coffee extracts containing polyphenols and/or diterpenes, grape or grape seed extracts rich in proanthocyanidins, spice extracts, soy extracts  
20 and other sources of flavonoids with antioxidant activity or compounds such as ursodeoxycholic acid, ursolic acid, ginseng and ginsenosides and natural sources thereof.
4. A composition according to any of claims 1 to 3, which is a pharmaceutical  
25 composition, a nutritionally complete pet food or a dietary supplement for animal consumption.
5. A composition according to any of claims 1 to 3, which is a pharmaceutical  
composition, a nutritionally complete human food, or a dietary supplement for  
30 human consumption.
6. A composition according to any of claims 1 to 5, which stimulates extracellular matrix production, in particular synthesis of glycosaminoglycans that bind interstitial fluid and improve skin turgor.

7. A composition according to one of claims 1 to 6, which comprises carnitine or ginkgo extract or antioxydants or combinatory admixtures thereof.

5        8. Use of a molecule that stimulates energy metabolism of the cell, an antioxidant or a combination thereof, for the preparation of an orally administrable composition intended to improve skin quality in humans or animals, in particular skin turgor.

10       9. Use of a molecule that stimulates energy metabolism of the cell or an antioxidant or a combination thereof, for the preparation of an orally administrable composition intended to prevent or restore skin age-related alterations in humans or animals.

15       10. A method to improve skin quality of humans or animals, comprising administering to the individual a composition according to one of claims 1 to 6.

20       11. A method to prevent or restore skin age-related alterations in humans or animals, comprising administering to the individual a composition according to one of claims 1 to 6.